Parents Club Activities

FALL 2005 Volume V

Got the "Test-Taking Blues?"

If you get nervous before taking a test at school, you're not alone. Many kids don't like to take tests and feel scared. This is known as "test anxiety." It is very normal and nothing to be ashamed of.

Here's how test anxiety works. Let's say you're worried about your math test because you didn't do so well on the last one. When you're feeling worried and tense, your whole body can be affected. When you're taking a test, you might feel "butterflies" in your stomach, or a headache. Some people might feel shaky, sweaty, or feel their heart beating quickly.

Sound familiar? You're not alone. Ask other people and you will find that lots of people - adults and kids - feel scared before a test. Here are some things you can do so you will not be afraid before taking tests.

Ask For Help. Talk to your mom, dad, or teacher. Just talking to someone can make you feel better. Describe what happens to you when you're taking a test and these people can help you find some solutions.

Be Prepared. Pay attention in class. Do your homework. Study for the test. On test day, you are more likely to feel like you know the material.

Expect the Best. Once you have prepared, think positively. Say to yourself, "I studied and I'm ready to do my best."

Block Bad Thoughts. Watch out for bad messages you might be sending yourself ("I'm no good at taking tests" or "I'm going to freak out if I get a bad grade"). These thoughts can make anxiety worse and make it harder for you to do well on the test.

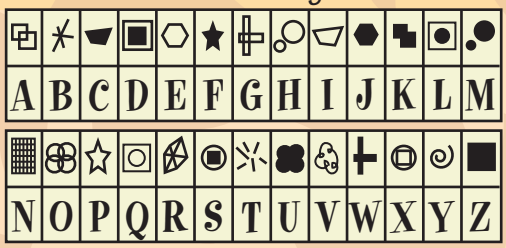
Accept Mistakes. Everyone makes mistakes. Be more forgiving of your own mistakes, especially if you prepared for the test and are set to do your best.

Breathe Better. OK, you already know how to breathe. But did you know that breathing exercises can calm you down? Here's how to do it: Inhale (breathe in) slowly and deeply through your nose, then exhale (breathe out) slowly through your mouth. Do this five times and you might be less stressed next time you take a test.

Good Luck!

Secret Message

Use the code below to decode the Secret Message!



Answer: Promise to always love your Cabbage Patch Kid!

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Fall Word Search

A	B	C	H	I	L	L	Y	H	I
W	L	O	L	E	A	V	E	S	U
D	I	A	N	D	A	N	N	A	D
C	L	N	P	F	A	L	L	F	U
O	Z	A	D	B	I	L	U	V	A
L	V	S	D	Y	C	R	C	A	U
O	E	S	H	A	R	V	E	S	T
R	A	Y	L	E	A	V	Y	X	U
S	C	A	R	E	C	R	O	W	M
S	B	P	P	U	M	P	K	I	N

Word List:

leaves, bonfire, colors, scarecrow, autumn, fall, harvest, windy, pumpkin, chilly

Make a Fall Treat

Caramel Popcorn Balls

Have an ADULT help with this fun kitchen project!

WHAT YOU NEED:

- 4 tablespoons of butter or margarine
- 1 cup of brown sugar
- 1/2 cup of light corn syrup
- 1/2 (15-ounce) can of sweetened condensed milk
- 1/2 teaspoon of Vanilla
- 5 quarts of popped corn(popcorn)
- large bowl (to hold popcorn)
- saucepan
- spoon
- candy thermometer
- measuring cup

WHAT YOU NEED:

1. Combine butter or margarine, brown sugar, and corn syrup.
2. Stir and bring to boil over medium heat.
3. Stir in condensed milk; simmer, stirring constantly, until mixture forms a soft ball when dropped into cold water. (takes just a few minutes)
4. Stir in Vanilla.
5. Pour over popped corn and stir well until all kernels are coated.
6. Butter hands lightly, shape popcorn into balls about 3 1/2 inches in diameter.

Cabbage Patch Kids

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Make Your Own Halloween Sounds

There's nothing more fun than making a tape of spooky sounds for a super-fantastic Halloween. Play this tape if you are having a Halloween party. Or, play it when the trick-or-treaters come to your house for goodies.

To get started, find a tape recorder. Mom or dad might have one in their office that you can borrow - ask them before taking it. Or, ask your friends, neighbors or relatives. (You will also need a blank tape or one that can be recorded over.)

There are tons of things around your house that can make scary sounds. Just create the noise and get it on tape. Before you start recording, test out what items make the sounds you're looking for and then create your tape exactly how you want it! Have an adult help you with these scary sounds. Here are some super-spooky sounds to try:

Chains

Find some chains out in the garage and rattle them like crazy! This sound will be very ghost-like.

Slamming Door

Find a heavy door and slam it a couple of times. It's a scary sound, especially if you follow it up with the sound of:

Running Footsteps

This sound is very scary because it makes you feel like someone is being chased. Find a good running surface (one that is kind of noisy) and start running.

Screaming

This sound is perfect with the running. Scream while you're running, so you will sound out-of-breath. Then, to get different voices on the tape, ask your brothers, sisters, mom, dad, grandma or grandpa to scream!

Howling Dogs

If your dog likes to howl and bark, don't complain about it: get it on tape!

Thunderstorms

Try to get one on tape - it will be rad!

Nails on Chalkboard

In school we hate this screechy sound, but it is perfect for your scary tape. You know how to do this one.

Creepy Steps

Almost every house has a creaky or squeaky step or door. You know where it is in your house - get it on tape.

Laughing & Breathing

Maybe your dad or brother can do a really creepy laugh. You can also breathe funny or talk like a monster, saying scary stuff.

Get all of this on tape and you will have some totally creepy and scary sounds just in time for Halloween.